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Trauma Informed E-Newsletter: Issue 7

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Trauma Informed

Monthly E-Newsletter on Trauma Informed Practices for Faculty & Staff

Benefits of Breathwork



"How controlled breathing may promote healing remains a source of scientific study. One theory is that controlled breathing can change the response of the body's autonomic nervous system, which controls unconscious processes such as heart rate and digestion as well as the body's stress response, says Dr. Richard Brown, an associate clinical professor of psychiatry at Columbia University and co-author of "The Healing Power of the Breath." Controlled breathing may also affect the immune system. Researchers at the Medical University of South Carolina divided a group of 20 healthy adults into two groups. One group was instructed to do two sets of 10-minute breathing exercises, while the other group was told to read a text of their choice for 20 minutes. The subjects' saliva was tested at various intervals during the exercise. The researchers found that the breathing exercise group's saliva had significantly lower levels of three cytokines that are associated with inflammation and stress. The findings were published in the journal BMC Complementary and Alternative Medicine in August."

Excerpt from from NY Times Article: Breathe, Exhale, Repeat: The Benefits of Controlled Breathing
<https://www.nytimes.com/2016/11/09/well/mind/breathe-exhale-repeat-the-benefits-of-controlled-breathing.html>



TRAUMA INFORMED INSIDE THIS ISSUE:

- Benefits of Breathwork
- Breathwork Practices
- Historical Trauma Series:
Judy Atkins, author of the
book Trauma Trails:
Recreating Song Lines,

U of M Extension Lecture: Historical Trauma Research Seminar

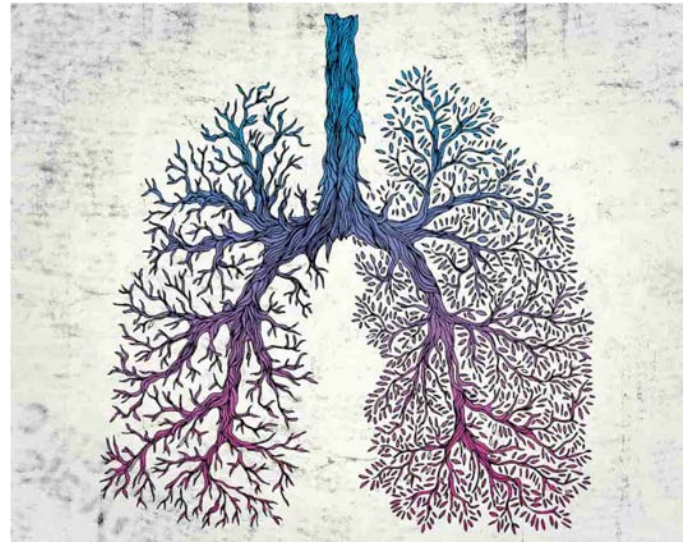
Judy Atkins, author of the book *Trauma Trails: Recreating Song Lines*, and her daughter discuss the legacies of colonialism on indigenous peoples of Australia.

An 'Educaring' approach to healing generational trauma in Aboriginal Australia Professor Judy Atkinson, We Al-li, and Dr Caroline Atkinson, Southern Cross Uni <http://www.mhcc.org.au/TICP/>
Filmed at the MHCC Trauma Informed Care & Practice Conference, 2011

<https://www.youtube.com/watch?v=zRQcvPcTINM&list=PL4867007532D1B282>



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Breathwork Practices

Click the below link to learn how to do diaphragmatic breathing! Or follow the instructions for 4-7-8 breathing. You may need some experimentation and time to find the right one for you

Diaphragmatic Breathing:

<https://www.health.harvard.edu/lung-health-and-disease/learning-diaphragmatic-breathing>

4-7-8 Breathing:

1. Exhale all of your breath completely
2. Inhaling through your nose as you count to four in your head.
3. Then, for seven seconds, hold your breath.
4. Exhale from your mouth for eight seconds.